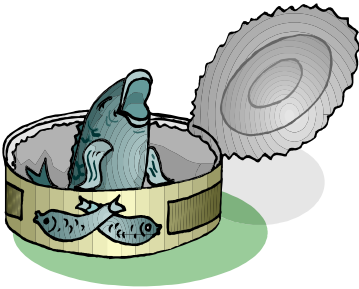


NewsWIC

Fond du Lac County Health Department

Fall 2008

Healthy and Affordable Foods



Food prices seem to keep rising fast. Many times the less nutritious foods appear to be less expensive. Items such as hot dogs, canned pastas and

packaged dinners are easy to prepare but provide very little nutrition for your food dollar.

The good news is that there are some foods that are loaded with nutrients and are affordable. One thing all of these foods have in common is that they are low in sodium, and do not have additives such as colorings and sugars. Nutrients occur naturally so it is not necessary for manufacturers to add vitamins and minerals back into these foods. Because of the limited processing, packaging and labeling, the cost is kept down. And best of all, some of these foods are available on your WIC checks!

Consider the following:

1. Potatoes—high in potassium and Vitamin C. The skin is a good source of fiber. One medium baked potato has 160 calories. Try them twice baked, mashed, boiled, in soups and stews (much cheaper and healthier than french fries!)

2. Raisins—1/4 cup or 1.5 oz. snack box has 130 calories and equals a complete serving of fruit. A real fruit, no added sugar or preservatives (unlike “fruit snacks”). Use on cold or hot cereal, stir in yogurt, add in cookies or trail mixes, or snack right from the package.

3. Bananas—another real fruit; one whole banana has 100 calories and is an excellent source of potassium. Make banana bread, use in fruit salads or just peel and eat!

4. Carrots—high in Vitamin A and ½ cup has just 30 calories. Eat raw with dip or in salads; use cooked carrots in soups and stews. Available all year at an affordable price.

5. Oatmeal—A whole grain, rich in B Vitamins, high in folate and fiber. 1 cup has 143 calories. Eat for breakfast, use in cookies, meatloaf or meatballs (less expensive than dry cereal or cracker crumbs).

6. Popcorn—Great source of fiber. Air-popped has 110 calories in 3-1/2 cups. A great snack for movie-night right at home (much cheaper and healthier than chips and candy).

7. Tuna—High in protein, low in fat. Water-packed tuna has only 100 calories in a 3 oz. serving. Quick and easy as a sandwich filling or in casseroles (no saturated fat or sodium--unlike hot dogs/lunch meat).

8. Eggs—75 calories per egg and with 6 grams protein; good source of Vitamin E. Use for egg salad, deviled eggs, French toast, scrambled or fried (low in sodium and more protein for your money than deli meats).

9. Beans—A great source of fiber and protein. ½ cup has 8 grams of protein and only 120 calories. Use in soups, dips, burritos, baked beans, dips (very filling and no cholesterol).



10. Peanut Butter—Another good source of protein. 2 Tbsp. has 188 calories but does not have any saturated or trans fat. A good source of magnesium which is important for prevention of diabetes, heart disease and stroke. Use in sandwiches, on toast, cookies, in cereal bars, dip for apples. Keeps for months and kids love it!

Here's a menu suggestion that uses all 10 foods:

<u>Breakfast</u>	<u>Lunch</u>
Oatmeal with raisins	Egg salad sandwich
Orange Juice	Carrot sticks
Milk	Banana
	Milk
<u>Supper</u>	<u>Snacks</u>
Tuna Patties	<u>Morning:</u> Apple dipped
Baked Potato	in Peanut Butter
Lettuce Salad	<u>Afternoon:</u> Bean dip on whole
Whole Wheat Rolls	wheat crackers
Milk	<u>Bedtime:</u> Popcorn

Breastfeeding Corner **Helpful Tips for the Family**

Nursing is easier when family is supportive. Knowing the benefits of nursing, why you chose it and what role they can play can help them be more supportive.



Talk to family in a casual way about why you've chosen to nurse. Dads love to hear how nursing increases baby's IQ and saves money. Sometimes family may have uneasy feelings about nursing. Acknowledge the feelings and calmly restate why you plan to nurse.

Family may feel left out if they can't feed baby. Let dad know that you appreciate his patience and praise family members (for example, grandparents) for their wonderful care and wisdom. It can help to give a list of things they can do to help:

- In hospital and at home, ask visitors to limit visit time. Take phone calls/messages so mom can rest.
- Give baby a bath
- Change some diapers and make it special with tickles, songs, etc.
- Hold baby, sing, talk to or tickle him/her, "swing to sleep"
- Bring baby to bed so that mom can rest
- Cook a meal or do some household chores

FDL County Immunization Clinics



September

8 (Mon.) 2:00-5:00, City-County Bldg., FDL
11 (Thurs.) 4:00-6:00, Waupun Hospital
15 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
22 (Mon.) 4:00-6:00, City-County Bldg., FDL
24 (Wed.) 4:00-6:00, Ripon High School

October

13 (Mon.) 2:00-5:00 City-County Bldg., FDL
27 (Wed.) 4:00-6:00, City-County Bldg., FDL

November

10 (Mon.) 2:00-5:00 City-County Bldg., FDL
13 (Thurs) 4:00-6:00 Waupun Hospital
17 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
24 (Mon.) 4:00-6:00, City-County Bldg., FDL
26 (Wed.) 4:00-6:00, Ripon High School

December

8 (Mon) 2:00-5:00, City-County Bldg., FDL

A shot clinic is held in Fond du Lac by **appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.

WIC Notes 🎵

1) If you have a concern or complaint on WIC vendor practices, you can call the **WIC Fraud Hot Line** at **866-260-1727**.

2) You might want to check out the state WIC website at www.dhfs.wisconsin.gov/wic.

3) **Please remember to bring check stubs or statements for income** when coming for appointments, along with Badgercare Plus (Forward) cards—there are new guidelines for MA and some families may be over the federal income guidelines to be eligible for WIC benefits.

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